

# THE Spacemaker

## NEWSLETTER

VOL. 1, No. 19

McClellan Air Force Base, CALIF. (<http://www.mcclellan.af.mil/PA/spacemaker.html>)

MAY 18, 2000

### TAKE NOTE

#### Volunteers needed for Armed Forces Day

Volunteers are needed to help with Armed Forces Day, Saturday, 9 a.m. to 6 p.m. To volunteer, call marketing at 643-4822 or come by the volunteer booth Saturday.

#### SPO Farewell Event

Aircraft Management Directorate's A-10 System Program Division hosts a farewell picnic and photo opportunity Wednesday. Photographs will be taken at 10:30 a.m., at the Aviation Museum and lunch follows at 11 a.m. in Freedom Park. For further information, call Barbara Tyner, 643-0258, or Julie Schoberg at 643-6165.

#### Golf tournament May 26

The "Good-bye to the GI" golf tournament is May 26 with two flights beginning at 7:30 a.m. and 12:30 p.m. at the Lawrence Links Golf Course. Cost is \$20 per player, which includes the cart, hamburger and beverage; lunch begins at 11:30 a.m.

Players must register by Friday. For more information, call Tech. Sgt. Tim McWhorter or Tech. Sgt. Maurice Mulqueen at 643-3753 or 643-4708.

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"Completing the mission of McClellan Air Force Base with professionalism and honor"



Photo by Alica Doyle

### Special Olympics

More than 130 of McClellan's military, civilian and family members gathered Friday at California State University Sacramento to "Walk for the Gold" in support of the local Special Olympics. Staff Sgt. Sylvia Morris, 652nd Combat Logistics Support Squadron, raised an astounding \$1,280 toward the center's \$8,700 contribution.

## Back to Basics breakthrough

By Alica Doyle

Staff Writer

McClellan engineers conceived a Back to Basics brainchild, despite being 14 months away from closure.

Air Force Materiel Command's Back to Basics program began in response to a string of aircraft mishaps. Though the Sacramento Air Logistics Center has never lost an aircraft due to maintenance problems; diminishing manpower levels, and migration of experienced employees in the Priority Placement Program made a look at the center Periodic Depot Maintenance practices prudent.

According to Dave Hull, chief production engineer, Back to Basics Program Office, the program kicked off an intense business process analysis effort here that highlighted several areas of potential concern.

"Like many businesses that have been in existence for more than a few years, SM-ALC has many isolated legacy data systems which

have evolved in different directions over the years," said Hull. "There was little to no standardization of data formats and minimal integration of data between systems."

In answer to the myriad of problems presented by numerous systems that don't talk to each other, a team of three engineers at McClellan developed the Back to Basics Integration Support System.

Created in only six days at a total cost of less than \$10,000; BBISS offers a capability to solve process problems with legacy data systems. Hull, along with design engineer Vinoo Jain, and programmer Steve Bennett, conceived, designed and programmed the concept to put forth a common sense solution.

"Wholesale replacement of legacy data systems or re-hosting of the data is not required," said Hull. "Stand-alone data, buffered and integrated, is a great tool for proofing business process analysis and rule base

See "Breakthrough" on Page 4

# Air Force streamlines ADSC program

WASHINGTON -- In response to concerns from the field, Air Force leaders have simplified and standardized the active duty service commitment policy — making it less cumbersome and easier to understand.

Secretary of the Air Force F. Whitten Peters and Air Force Chief of Staff, Gen. Michael E. Ryan, approved the new ADSC plan.

"The new ADSC Air Force instruction and tables are simple and easy to understand," Secretary Peters said. "But, more importantly, they are designed to be fair to the individual service member. This is simply the right thing to do -- nothing can be more devastating in my mind -- than not treating people fairly."

The revision comes after a month-long review by an integrated process team appointed by the secretary and chief to fix the ADSC problems. Led by Lt. Gen. Roger DeKok, deputy chief of staff for plans and programs, the team was tasked to come up with a plan to simplify and standardize ADSCs.

"Our guidance to the IPT was simple," said Ryan. "Create an easily understood program that is fair and equitable to the Air Force and its members."

During review of the existing program, the team found the rules and tables governing ADSCs to be complex and ambiguous, often contributing to incorrect documentation. The new program lets airmen plan their careers while allowing the Air Force to manage force requirements.

"We took the ADSC AFI from 15 tables and 189 rules down to only two tables and 34 rules," explained DeKok. "Our primary premise was simplicity."

"The ADSC program, however, should also not nickel-and-dime our troops for service owed, but rather be a tool that shows a mutual faith and trust for our service to our country," he said. "The new program puts the trust back where it belongs — in our people."

**"... They are designed to be fair to the individual service member. This is simply the right thing to do — nothing can be more devastating in my mind — than not treating people fairly."**

-- F. Whitten Peters  
Secretary of the Air Force

The major changes hit three primary areas: advanced flying training, education and training, and promotions. Changes to flying training include standardized pilot commitments of 10 years -- regardless of weapon system or major command - and eliminating ADSCs for in-unit training.

Additionally, 95 percent of education and training ADSCs were

eliminated for courses under 20 weeks. This involved approximately 5,600 courses. ADSCs will also move to a standardized three years for all courses over 20 weeks. This includes Air Force Institute of Technology masters degree programs. AFIT doctorate programs will stabilize at a five-year commitment, and ADSCs will be eliminated for Squadron Officer School.

Federal statutes govern time-in-grade retirement requirements for senior officers. Given these statutory mandates for officer retirements, the previous two-year ADSC associated with promotions for major through colonel was not needed and has been eliminated.

Given the absence of comparable statutory restrictions on enlisted time-in-grade retirement requirements, and Defense Department regulatory requirements that senior noncommissioned officer promotions carry an ADSC, the two year ADSC remains for promotions to E-7, E-8 and E-9. Air Force members will maintain their current ADSCs -- as reflected on the signed Air Force Forms 63 in their personnel files. When the new AFI goes into effect June 1, airmen will move under the new rules as they sign new ADSC commitments. This will primarily occur as people undergo a permanent change of station or attend extensive training.

For those who feel an injustice has been done in the past or in the way the new rules are being implemented, the Air Force Personnel Center commander has been given wide latitude to grant relief.

The new ADSC tables are available online at <http://www.afpc.randolph.af.mil>

## SPACEMAKER

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### SPACEMAKER

Bldg. 200, Room 125

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<http://www.mcclellan.af.mil/PA/>

[Spacemaker.html](http://www.mcclellan.af.mil/PA/Spacemaker.html)

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Jennifer R. Vargas ..... Staff Writer

### Air Force Vision

*"Air Force people building the world's most respected air and space force ... global power and reach for America"*

### Air Force Materiel Command Vision

*"Quality Systems for America's Air Force"*

### Sacramento Air Logistics Center Vision

*"Completing the mission of McClellan AFB with professionalism and honor"*

# Air Force Association honors exceptional performers

**By Alica Doyle**  
Staff Writer

Local Air Force Association Chapter 116 honored outstanding contributions to the Air Force during its 34th Exceptional Performer's award banquet May 10.

The banquet annually recognizes individuals and teams making significant contributions to Aerospace Power in the Sacramento area.

The award is open to military and civilian personnel from all branches of service. Civil Air Patrol, California Air National Guard, recruiters, instructors, Reserve Officer Training Corps cadets, both junior and college-level, are eligible for nomination as well.

Brig. Gen. Kevin Chilton, 9th Reconnaissance Wing commander, Beale Air Force Base, was the evening's guest speaker. Chilton, a two-time space shuttle mission commander, brought new perspective on tomorrow's Air Force.

Col. Michael Iltis, 77th Support Group commander and chapter president, commented on Chilton's appreciation of the award winners and their contributions.

"Gen. Chilton's incredible speech was right on target and gave our exceptional performers insight on how they support the warfighter in the air and in space," said Iltis.

## AFA CHAPTER 116 EXCEPTIONAL PERFORMERS TEAM AWARDS

Personal Property Team, Sacramento-Air Logistics Center Closure and Competition Directorate

938th Engineering Installation Squadron Cable Team, Tech. Sgt. Roger Whisman, team chief  
Civil Engineering Division Team, 77th Support Group

77th Security Forces Standardization and Evaluation Team, 77th Security Forces Squadron

### AIRMAN

Senior Airman Crystal Gomez, 77th Medical Operations Squadron

Senior Airman Conrad Hayter, 77th Services Division

Senior Airman Larry Johnson, II, 938th EIS

Senior Airman Laura Price, 77th MDOS

### NONCOMMISSIONED OFFICER

Chief Master Sgt. Joe Odom, Headquarters,

California Air National Guard

Master Sgt. Kelly Hight, 652nd Combat Logistics Support Squadron

Master Sgt. Roberto Plizga, 77th Mission Support Squadron

Master Sgt. Beverly Weiser, 77th Air Base Wing, Logistics Directorate

Tech. Sgt. Ricky White, SM-ALC, Office of the Command Chief Master Sergeant.

Staff Sgt. Mark Moore, 77th Security Forces Squadron

Staff Sgt. Benjamin Wallace, 77th Communications Squadron

### COMPANY GRADE OFFICER

Capt. Darral Brown, SM-ALC, Financial Management Directorate

1st Lt. Amy West, 77th SPTG

### CIVILIAN

Albert Brown, aviation museum

William Clinton, SM-ALC/FM

Bobby Finch, Inspector General's Office

Charles Friedrich, Small and Disadvantaged Business Utilization Office

Dora Mays, Community Support Center

Cynthia Sharp, SM-ALC, Space and C3I Systems Directorate

Kenneth Wing, Army Corps of Engineers

## NEWS NOTES

### Armed Forces Day luncheon

Lt. Gen. Donald L. Peterson, Deputy Chief of Staff for Personnel, Headquarters, USAF, will host a 'Spread the Word' briefing for all base personnel May 25, 9 a.m. in Bldg. 237. He is also the guest speaker at an Armed Forces Day luncheon May 25. The event, sponsored by the Rotary Club of Sacramento and the Sacramento Metropolitan Chamber of Commerce, begins at 11:45 a.m. at the Radisson Hotel Ballroom. Cost is \$15. For more information or to RSVP, call Peggy Crowther at 443-1433, no later than Friday.

### Leave donations needed

Pamela Haynes, a team McClellan employee, is in need of help. She suffered injuries from an earlier automobile accident and the resulting absence has forced her into a non-pay status. If you can spare an hour, a day or a week of annual leave to donate under the provisions of the Leave Transfer Program, please contact your servicing employee relations specialist. That individual can supply you with the forms necessary to complete the transaction.

### Military Personnel Flight hours reduced

All sections of the Military Personnel Flight, except the identification customer service section, will be closed Wednesdays from 7:30-

8:30 a.m. for training.

For more information, call Capt. Kevin Brooks at 643-5427.

### 652nd Combat Logistics Support Squadron lowers flag

Deactivation events for the 652nd Combat Logistic Support Squadron are May 31 and June 1. The banquet is May 31, 6 p.m. at the McClellan Community Center, old NCO club, and the deactivation ceremony is June 1, 9 a.m. in Bldg. 343. For more information, call Master Sgt. Theresa Kim at 643-2951, Master Sgt. Gregory Evens at 643-2947 or e-mail [evans.gregory@email.mcclellan.af.mil](mailto:evans.gregory@email.mcclellan.af.mil).

### Army Depot Reunion picnic

The 6th annual Army Depot Reunion picnic is June 3, 11 a.m. to 5 p.m. at Elk Grove Park, site 3C. The barbecue includes beef and chicken, potato salad, cole slaw, beans and cornbread. Cost is \$10. Drinks are 50 cents. Reservations are required by Saturday. For more information, call 686-2218 or e-mail [sactochris@aol.com](mailto:sactochris@aol.com).

### Area Defense Council

The Area Defense Counsel's office on McClellan Air Force Base will close June 23. The Beale Air Force Base ADC, Capt. Nicolle Schippers, will handle all clients after that date. Members needing assistance should call DSN 368-2081 or commercial (530) 634-2081.

# Airman opts for Air Force way of life

**By Jennifer Vargas**

Staff Writer

Maybe it's in his blood. After all, his mom did it for four years and his dad for 20.

Maybe it's just because he likes it.

Whatever the reason, this Air Force-at-heart senior airman says he's in it for the long haul – even though he had the chance to walk away from it all.

"I decided to stay in the military for a couple of reasons," explained Senior Airman Sean Taylor, 77th Medical Operations Squadron radiologic journeyman. "The Air Force keeps me on my toes. Having to continually set an example for younger airmen to follow, keep them motivated and continuously try to better myself is a challenge."

Job security and the educational benefits are also a key factor in his decision to stay in the Air Force, even though he could make more money as a civilian.

"If I worked full time in the civilian sector, starting salary would be about \$40,000 a year," Taylor said. "If I were to get into a specialty like nuclear medicine or ultrasound,

that figure would raise considerably."

With a goal to have a line number for master sergeant five years from now and make chief master sergeant by his 20-year mark, he may very well make it with the motivation of his supervisor Tech. Sgt. Brian Fagan at his back.

"He is the one person that has motivated me most – without a doubt," Taylor said. "He is full of excitement and knowledge, knows how to get things done, and he has what it takes to motivate troops. I'm very lucky to have him as my mentor."

Taylor says he'd like to continue working in a hospital setting and wants to teach x-ray technology to other troops.

As much as he loves the Air Force, Taylor admits that being in the military is not all glamour and glitz.

"If I could change one thing about the military, it would be the pay," he explained. "Our troops, throughout all branches of the military, work very hard and don't seem to get enough recognition or pay. If our pay was equal to the civilian sector, I believe our force would be stronger."

Taylor feels there are other factors that

***"I decided to stay in the military for a couple of reasons ... The Air Force keeps me on my toes. Having to continually set an example for younger airmen to follow, keep them motivated and continuously try to better myself is a challenge."***

-- Senior Airman Sean Taylor  
77th Medical Operations Squadron

may help to increase Air Force retention.

"I believe that if we adopted the promotion standards other branches have, then retention and recruitment may rise," Taylor explained.

But, for troops such as Taylor, who simply enjoy the military way of life, the daily challenges offered by the Air Force, coupled with his own personal goals, are enough to keep him going for the next 20-or-so years.

## McClellan lends helping hand to AF members

**By Jennifer Vargas**

Staff Writer



The 2000 Air Force Assistance Fund campaign that began in February ended in March with McClellan contributing nearly \$14,000.

The theme "Commitment to Caring" paid off as McClellan members gave generously to the four charitable organizations benefiting active duty, reserve, guard and retired Air Force people and their families.

"The folks on McClellan were very giving this year," said Maj. Donna Clark, McClellan AFAF project officer. "Every little bit that each person gave made a difference in the lives of other Air Force members."

Benefiting organizations included the Air Force Aid Society, the Air Force Enlisted Men's, Widows and Dependents Home Foundation, Inc., the Air Force Village Indigent Widow's Fund, and the General and Mrs. Curtis E. LeMay Foundation.

The Air Force's goal for the 2000 AFAF campaign was \$3.4 million.

### "Breakthrough" from Page 1

before incorporating it into a solution."

Simply put, it makes more sense to devise a tool to integrate information taken from current data sources, than to re-invent the wheel. BBISS has the effect of automating the process of accepting an aircraft "sell".

Rather than relying on human analysis of criteria necessary to call a PDM operation complete, BBISS searches the various data systems to ensure the proper technical data was used, that the mechanics on the aircraft are credited with the required qualifications, and that quality assurance is performed by a certified worker.

Applications of this "common sense" solution extend far outside the maintenance field. According to Hull, any organization that routinely deals with numerous stand-alone information systems can benefit from the BBISS concept.

McClellan is too close to completing its workload to make implementation of BBISS practical, but the program is being seriously looked at by the Ogden Air Logistics Center at Hill Air Force Base, Utah, and has the attention of organizations throughout the command, ensuring the SM-ALC legacy continues far beyond July 13, 2001.

## Armed Forces Day

**Saturday ♦ 10 a.m. to 5 p.m.**

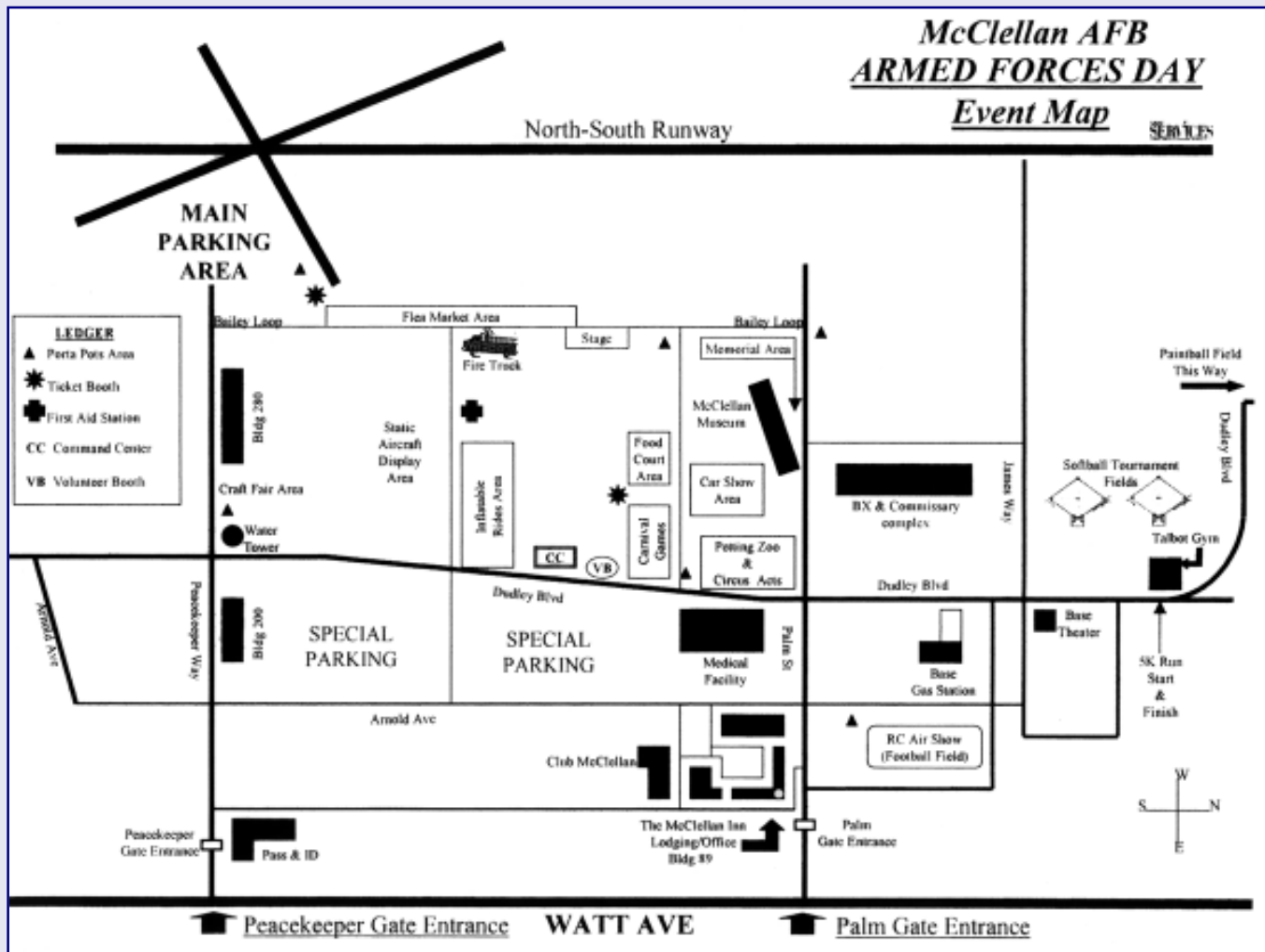
**Hosted by the 77th Services Division and the  
McClellan Aviation Museum**

- ☐ Annual car show
- ☐ Live music by "Mumbo Gumbo"
- ☐ "Travis Brass" the Air Force Band of the Pacific
  - ☐ World War II aircraft
  - ☐ Inflatable carnival
    - ☐ Kiddy land
    - ☐ Craft fair
    - ☐ Flea market
    - ☐ Petting zoo
  - ☐ Exotic wildlife bird show
  - ☐ Radio controlled airplanes
    - ☐ Softball
    - ☐ Golf
  - ☐ Paintball tournaments
  - ☐ 5K run
- and much more!



*In honor of Armed Forces day, McClellan Air Force Base is sponsoring a, "Hot Wings and Cool Wheels" event, open to the public, free admission and parking.*

**For more information, call 643-4822**





# Relocation assistance makes for Smooth Move

**By Laura V. Brown**

Relocation Assistance Manager

It is estimated that one third of the Air Force's active duty and civilian members move every three years and take with them several hundred thousand spouses and children.

During these times of transition no one understands better than the community support center the feelings of loneliness, anxiety, disorientation, stress, exhaustion and readjustment that are associated with relocation.

To help Air Force and civilian personnel and their family members ease the emotional discomforts of moving, and to minimize the stress felt by all involved before, during and after the move, the community support center has developed a full range of mobile lifestyle programs, services, and information.

All are provided at no cost and are offered at convenient times and places.

■ **Smooth Move program:** A monthly Smooth Move workshop focuses on how to prepare and plan a successful move, cope with emotional stress of a move, and minimize financial strains that occur during relocation.

Facilitators include transportation management, legal, housing, employee assistance program, family advocacy and the community support center.

-- Special Smooth Move briefings can be scheduled at a convenient location, such as an individual's office. One-on-one Smooth Move briefings are also available. For more information, call 643-1106.

-- Kids on the Move is a junior Smooth Move program designed for children ages 5-12. It is designed to assist children with a smooth transition before they relocate to a new home. It offers hands-on, interactive activities that provide information in a fun way.

■ **Relocation Information Center:** Lo-

cated at the community support center, Bldg. 1407, provides free publications about moving, cultural readjustments, child care and educational resources. Internet access to Web sites related to moving provide listings of information about a variety of topics. Standard installation topic exchange packages, known as SITES, on any worldwide Department of Defense base can be printed. Many Air Force base videos and welcome packages are also available for checkout in the family services section of the community support center. For more information, call 643-1106.

■ **Family services:** Located in the community support center, provides SITES packages, videos, hospitality kits, household loan items, clothing, and a food locker. After household goods have been shipped to the next duty station, family services has a variety of items such as baby items, utensils, kitchen equipment and futons available for loan.

## FOCUS CENTER

*This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact the FOCUS Center, Bldg. 200, Room 40, at 643-5661. The center is open Monday and Wednesday until 4 p.m., Tuesday and Thursday until 5 p.m. and Friday until 3 p.m. Note: Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSAs and/or additional information.*

**Position:** Computer Specialist, GS-334-09/12  
**Annc#:** SNR-00-15  
**Close:** June 2  
**Location:** Folsom, CA  
**Agency:** Department of Energy  
**POC:** Human Resources (916) 353-4566  
**Remarks:** See note.

**Position:** Public Utilities Specialist, GS-1130-11/12  
**Annc#:** BOR-MP-00-71A  
**Close:** June 2  
**Location:** Sacramento, CA  
**Agency:** Bureau of Reclamation

**POC:** Inga Hall (916) 978-5471  
**Remarks:** See note.

**Position:** Environmental Protection Specialist, GS-028-12  
**Annc#:** BIA-PR-00-09A  
**Close:** May 19  
**Location:** Sacramento, CA  
**Agency:** Bureau of Indian Affairs  
**POC:** (916) 978-5471  
**Remarks:** See note.

**Position:** Secretary (OA), GS-318-05  
**Annc#:** IRS-NC-00-673E  
**Close:** May 22  
**Location:** North Highlands, CA  
**Agency:** Internal Revenue Service  
**POC:** Elane Vazquez (510) 637-4560  
**Remarks:** See note.

**Position:** Electronic Equipment Craftsman, WB-2604-00 \$27.24 to \$27.37 hourly  
**Annc#:** SNR-00-13  
**Close:** June 2  
**Location:** Department of Energy  
**Agency:** Tracy, CA  
**POC:** SNR Job Line (916) 353-4566  
**Remarks:** See note.

**Position:** Meter and Relay Craftsman, WB-2604-

00 \$27.24 to \$27.37 hourly  
**Annc#:** SNR-00-14  
**Close:** June 2  
**Location:** Department of Energy  
**Agency:** Tracy, CA  
**POC:** SNR Job Line (916) 353-4566  
**Remarks:** See note.

### FOCUS Center new hours

The FOCUS center hours are as follows:  
-- Monday and Wednesday: 7 a.m. to 4 p.m.  
-- Tuesday and Thursday: 7 a.m. to 5 p.m.  
-- Friday: 7 a.m. to 3 p.m.

### Job fair Friday

The McClellan Community Support Center Transition Assistance Program is sponsoring a "Spring-Fling" job fair Friday, 9 a.m. to 1:30 p.m. at the McClellan Community Center, Bldg. 1425.

This job fair is provided as a service to all McClellan personnel and will feature several city, county, state, public and private employers. Everyone is encouraged to attend. Review and update resumes.

For more information, call Mike Truman, Neil Elder, Gina Walker or Joyce Johnson at 643-1106.

## Movies



Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.

### Ready to Rumble - Friday

*Starring: David Arquette, Oliver Platt*

Wrestling fans Gordie and Sean travel to Atlanta to infiltrate the World Champion Wrestling Headquarters. Devastated when their hero, the current pro wrestling champ, loses his championship belt and is banished from the league, they embark on a quest to resurrect him. (PG-13 - language, crude humor, sexual content and brief nudity)

### The Skulls - Saturday

*Starring: Joshua Jackson, Paul Walker*

For Luke, an invitation to join the prestigious secret college organization, The Skulls, is a dream come true. Unlike many of his New Haven classmates, Luke gained admission to the ivy-covered halls of learning through hard work and student loans. The Skull's membership includes the best and brightest, the descendants of the rich and powerful. Acceptance into the Skulls would ensure Luke a place at the table, and guarantee him both the financial means and the connections to make it into law school. (PG-13 - violence, brief sexuality)

### High Fidelity - Sunday

*Starring: John Cusack, Jack Black*

Rob Gordon, the owner of a record store in Chicago, is a self-professed music junkie. He spends his days at Championship Vinyl with his two employees, Barry and Dick. When Rob is walked out on by his girlfriend Laura, he's faced with reassessing his string of failed relationships and painfully struggles with where his life is going. (R - language and sexuality)

## Youth Center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-5 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo Aerobics, 6:15-7:15 p.m., ages 11 and up, free. Moms, Pops, and Tots, 10-11 a.m.

■ **Friday:** Open recreation, 2-6 p.m.; open snack bar 2-6 p.m.; open gym, 2-6 p.m.; Jazzee Dance Company trip.

■ **Saturday:** Closed due to Armed Forces Day celebration. A's trip.

■ **Sunday:** Closed

■ **Monday:** Open recreation and gym, 2-6 p.m.; open snack bar, 2-5 p.m.

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-5 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-5 p.m.; beginning dance lessons, 5:30-6:30 p.m. and 6:30-7:30 p.m.

For more information, call 643-2074.

# Suicide prevention: everyone's concern

By Jennifer Vargas

Staff Writer

For most, springtime brings thoughts of new life and renewal. Sadly, for others it's a time of depression, which can lead to suicide. According to Dr. Alex Crosby, Centers for Disease Control in Atlanta, while there doesn't seem to be any particular reason for the springtime increase, suicide experts do have their theories.

"Many people think suicide rates rise around the holidays, but actually the peak occurs in the spring," Crosby said. "Researchers believe the increase is due to spring climate changes or associated with changes in social activity during this season, but we can't be sure."

According to Capt. Frank Weber, mental health element chief here, McClellan has no reported suicide attempts for active duty members in the past year. Air Force leaders remind members at all levels to be aware of the warning signs in an effort to prevent an increase this year.

"Coworkers, family members and friends are key in preventing suicides because they are usually the first to become aware of any changes in individuals considering suicide," according to Weber. "Buddy care, looking out for one another, is critical in preventing suicides."

Weber advises being especially vigilant at times when unit members are facing potential adverse actions, particularly ones that individuals believe to be a potential threat to their career and which may cause them to feel isolated from their coworkers and unit.

"Group cohesiveness is a powerful factor in preventing stress, but it can also be a risk factor when individuals feel outside that cohesiveness," Weber said. "The focus we should provide is that regardless of the individual's situation, units need to provide

support to their coworkers."

Those contemplating suicide frequently give warning signs to others. Any or all of these signs may be an indication that someone is at risk for contemplating suicide, Weber said.

Signs of suicide may include: eating or sleeping problems; loss of interest in personal appearance; drastic behavioral changes such as withdrawing from friends and social activities, loss of interest in school or work - increased use of alcohol or drugs; unnecessary risk taking; pre-occupation with death or dying; talk of suicide; preparation for death by making final arrangements and giving away prized possessions.

After recognizing the symptoms in a friend or coworker, buddy caregivers are encouraged to become more involved, to make themselves available, and to show interest and support.

Questions should be asked about whether the individual is considering suicide, encourage the person to talk openly about his or her thoughts and determine if the individual has a plan. Also question whether the individual has access to guns or pills or other tools which could be used to commit suicide.

"Buddies are encouraged to listen, but not to lecture. Don't dare them to do it, don't give advice, and don't ignore them or take them too lightly," Weber said.

Besides giving emotional support, people should get the potential victim to a health care professional, chaplain or someone in the chain of command, who can get the individual to the network of helping agencies.

"Sometimes, simply going with them will give them hope and assist them toward resolving their situation," Weber said. "It takes everyone's involvement. Awareness and action are the keys."

(Air Force News Service contributed to this story)

## Suicide prevention phone numbers

If you or someone you know is thinking about suicide, helping agencies and resource persons include:

- McClellan Mental Health: 643-8308
- McClellan Family Advocacy: 643-1518
- The McClellan Organizational Health Center: 643-5374
- The McClellan Employee Assistance

Program: 643-0061 (24-hour hotline: 1-800-523-5668)

- Supervisors, first sergeants or commanders
- Sacramento Suicide Hotline: 368-3111
- Chaplain 24-hour assistance: 643-2751, Duty phone: 643-6021
- 911 or a hospital emergency room; local police or fire department.

# Lead-based paint proves hazardous

By Lawrence Davis Jr.

Bioenvironmental Engineering Services

Bioenvironmental Engineering personnel began its annual inspection of military family housing units for lead based paint hazards May 2. In continued efforts to serve the McClellan population regarding health matters, the personnel of bioenvironmental want to inform occupants where inspections were conducted last year and to introduce the program and the Air Force's policy regarding its administration to new members. Scheduling letters for the housing inspection were mailed, and tenants are encouraged to respond confirming the date and time.

For those tenants who believe these inspections should apply to them and have not received a letter scheduling their appointment, call Larry Davis at 643-0311, Ext. 330.

The Air Force has targeted certain buildings where young children, 6 years of age and younger, visit as having the greatest potential to be lead based paint hazards. Research has shown this age group is most vulnerable to lead poisoning resulting from paint that contains excessive amounts of lead. Most paint contains some level of lead, however, paint which is considered a "LBP hazard", is paint that exceeds the allowable levels and generally characterized as paint in poor condition, distinguished by either peeling, chipping, or cracking. When inspectors see paint in the conditions mentioned above immediate attention may be needed. Children 6 years of age and younger have more of an opportunity to ingest LBP because they can easily pick paint off the structures and eat it.

The two main routes of lead exposure are inhalation and ingestion. Inhalation, breathing, exposure occurs when paint containing lead is removed by dry scraping, dry sanding, or heating techniques. These actions also allow lead dust to settle throughout a home and can then re-enter the air when people vacuum, sweep or walk through it. Exposure from ingestion, eating, occurs when children eat paint chips by breaking them from the walls, when paint is in a deteriorated state, or when they put their hands in their mouth after playing on the floor where lead dust has accumulated. Exposure can also occur from playing in lead contaminated soil. Lead contaminated soil is usually a result of LBP that has broken off houses and fallen

to the ground, and ultimately leached into the surrounding soil.

When lead enters the body, it targets certain organs and its effects vary in children and adults. However, the primary emphasis of this program is children. If not detected early, children with elevated blood-lead levels can suffer from damage to the brain and nervous system, behavior and learning problems, such as hyperactivity, slowed growth, hearing problems, and headaches. Adults who encounter significant exposure can suffer from high blood pressure, digestive problems, nerve disorders, memory and concentration problems, muscle and joint pain, difficulties during pregnancy, and other reproductive problems, in both men and women. A simple blood test can detect high levels of lead in the body. Blood tests are extremely important for children who are 6 months to 1 year old.

A family's risk from lead hazards can be reduced by taking some immediate and simple precautions known as interim controls. If renting, notify the landlord of peeling or chipping paint and request that corrective action be taken. Clean up observed paint chips on the floor or ground immediately. Do not use a vacuum cleaner or sweep them up. Pick them up by hand or use masking tape, place chips in a plastic zip-lock bag for disposal, taking care to thoroughly wash your hands afterwards. It is illegal to dispose of LBP in trash, check with the housing maintenance office for proper disposal procedures. Prevent children from chewing on painted surfaces. Stabilize deteriorating paint by prepping the surface and repainting. Contact bioenvironmental for advice prior to doing any work with LBP.

The housing office has pamphlets for base residents and new arrivals titled "How to protect your family from lead based paint hazards." These pamphlets are a valuable source of information to help in recognizing and taking steps to maintain the home in a safe condition. These are only interim or immediate solutions and will not eliminate all risks of exposure.

For off base residents and homeowners, in order to evaluate hazardous levels of lead a LBP inspection or a LBP risk assessment is needed. Bioenvironmental engineering inspectors will identify LBP hazards in MFH, prioritize them according to severity, location, size of the hazard area, and accessibility to children.

For more information regarding LBP, call 1st Lt. Ian Rybczynski or Larry Davis at 643-0311, Ext. 340 or 330 respectively.

## SWAP MEET

### For Sale

**Car** -- 97 Toyota Camry, dark blue, automatic, 4 cyl, AC, power locks and windows, 30K miles, reg good til April 01, \$16,000. Call 456-2661.

**Computer** -- 486/133 MHz, Win98se, 2.5GB hard drive, 32MB RAM, modem, keyboard, MS mouse rollerball, new mini tower, needs monitor, \$200. Call for list of software and other items 334-0876.

**Uniforms** -- Men's mess dress jacket 42", pants 36", with all accouterments, white shirt, suspenders, cummerbund and lieutenant colo-

nel shoulder boards -- \$100. BDU field jacket, med/short -- \$10. Air Force lightweight blue jacket w/liner 44"R -- \$15. Call 315-9004

**Editor's note:** Swap ads are a free, space-available-only service for military members, civil service employees, retirees and associated family members possessing current ID cards. The ads must be for the personal use of the card holder.

Only a home phone or address may be used in the ad; no base extensions or base e-mail addresses are allowed, except for dormitory residents (residential status must be stated on ad). Personal e-mail addresses will be accepted.

Drop off ads at Bldg. 200, room 125. Swap ads will not be published without a signature.

The deadline is noon, Wednesday for possible publication in the following Thursday's issue. Only one Swap ad per household per week, up to 50 words, may be submitted.

However, the ad can apply to more than one category, such as items wanted/trade, vehicles, furniture and yard sales. Spacemaker reserves the right to edit. No ads for money-making businesses, including daycare, or the sale of firearms or firearm accessories will be accepted. To run a swap ad again, it must be resubmitted. For more information, call the Spacemaker at 643-6100.